



VISION
AQUISITION
LIVING LIFE UNFILTERED

THE ABILITY TO RECEIVE MUST BE RE-LEARNED.

When we're babies, we eat when we're hungry, we sleep when we're tired, we command the room with our voice, we accept love and attention all day, everyday, even if it requires someone to be up multiple times a night to assure us and get us what we want. We drool, we don't care if there's food on our face or if the world knows we've got a diaper to be tended to. And best of all... we let it all hang out. We are absent of worry, blame, shame judgement and victimization.

Over time, we learn lack mindedness. Not enough time, not enough money, not enough room in the world for those who are different than us. We become less tolerant and more judgmental of ourselves and others. We become less expressive in order to fulfill our dysfunctional desire to fit in.

What we want is replaced by WHAT WE NEED. This makes us a good person. We strive for love, safety and self-esteem. We like ourselves more when we're liked. This requires us to minimize our greatness and deny our innate desire. We settle.

Surplus & Abundance

What we need

Above the Need Line

Below the Need Line

Lack & Scarcity



WHAT
OTHER
PEOPLE
THINK

TRIBE

YOUR REALITY

What most people consider their reality is “What I can SEE”. If what you “SEE” is all there is... then how can there be anything BEYOND what’s going on in front of your eyes right now... this moment, this day, this week?

You know there’s more to goals, wants, desires and what drives you in this life than this week’s agenda, yet... your big life vision shows up blurry or more like short video clips in your mind that lack enough detail and substance to genuinely move you. It’s as if you’re seeing it through a filter. You may even question it’s validity when it comes to you. It can feel difficult to get it down on paper. It lands like a giant task list or spreadsheet as opposed to this magnificent life that is supposed to take shape. This results in frustration, distraction and boredom while wanting change is nagging at your psyche being led by your body moving 100mph because... you’re so busy.

What if your daily schedule had “Live your dream for 60 minutes” scheduled in each and every hour on the hour of your calendar?

This question excites me because...

This question piques my interest because...

This sounds good but it's not realistic because...

This question is ridiculous because...

FREE YOUR MIND!

INHALE...HOLD FOR 10 SECS.....10...9...8...7...6...5...4...3...2...1

NOW EXHALE FOR A COUNT OF 10...9...8...7...6...5...4...3...2...1

Why your closed-mindedness needs this exercise:

Our conscious mind can accept, reject or ignore ANY idea! The secret is to consciously open your mind first, so you can ENGAGE your intellect to CHOOSE whether to accept, reject or ignore the ideas that come to you with real and present thought. The conscious mind is designed to allow for choice, AKA the effective use of FREE WILL.

You must get out of the autoresponder or habitual thinking that holds your intellect captive, to allow a higher state of awareness to come into play.

RELAXING RELEASES your mind and body, triggering the effective use of your intellect (logical and orderly thinking) by way of your six higher faculties:

- Imagination
- Will
- Perception
- Reason
- Memory
- Intuition

This is HOW the vision you're craving is originated, takes shape and shows itself in a clear and present form.

* *Use this exercise through this entire course and... life.

PERCEPTION: The state of being or process of becoming aware of something through the senses.

Our perception of the world is a matter of the conscious mind taking ideas in through the 5 senses which are then interpreted by our sub-conscious. The sub-conscious mind stores data that is used to determine how to respond to our external environment. The stored data is an assortment of our thoughts, feelings and beliefs. 90% of decisions are made through this process.

Sub-conscious data is up-loaded from:

- What we've been taught
- Our experiences
- Our beliefs/values/programming (family, caretakers, environment)

Your perception of your thoughts, feeling, beliefs and experiences forms your reality. We are who we think, feel and believe we are. This shows up in who we're BEING. The body follows the mind. Non-negotiable.

Being nice is good. Being mean is bad.

Stability is better than risk.

Money doesn't grow on trees.

Do the right thing.

Talking about yourself is pretentious.

Be respectful.

Don't rock the boat.

It's not your fault.

You get what you get don't be upset.

Don't be selfish.

Don't be rude.

Do what your teacher says.

What if your past no longer existed?

How would that change what you want now?

How would that change what you're willing to receive?

How would that change what you think is possible?

How would that change your need for evidence of what's possible?

What feelings come up when you think about erasing your past?

Explain in detail.

Can you fathom creating a future that has no past?

Why or why not? Explain in detail.



THE MIRROR

- Each day set a timer for 2 minutes
- Sit or stand in front of a mirror
- A full length mirror is best but a rearview mirror will do if that's all you have.
- Look at yourself in the mirror for a full two minutes
- When the timer goes off journal what you see in the mirror
- Be descriptive. Be honest. Be fearless.

OUT OF THE PAST AND INTO DESIRE

In order to create new experiences and results you must discontinue using the past as your guide. The past will never include the unknown. The unknown is where our true desire lives. If we already know how to do something or have done it before... it is not a goal! It is merely something you already know or do.

A goal is only as valuable as its level of mystery.

According to Merriam Webster, MYSTERY applies to what cannot be fully understood by reason or less strictly to whatever resists or defies explanation.

Desire comes from the latin, De-Sire, meaning "of the Father," to mean that it is of Spirit/God/Source/Universe that our desire springs forth from and in that there is a sacred aspect to our desires. Desire comes in the form of full self-expression. Desire is an expression of love, purpose and magnificent obsession. When we engage desire you are expressing who you really are. It is organic, exciting, satisfying and real. It gives you undeniable confidence and energy. The rewards are infinite.

We learn to contain our desires. We learn to make ourselves smaller for fear of rejection, failure and risk. It causes us to want to fit in and stay safe MORE than serving at the will of our true purpose where we find fulfillment, self-expression and rewards that gives us the safety, security and self-esteem that we crave and strive for. In other words, DESIRE is the neon EXIT sign you'll see, only if you're willing to look up and get off the hamster wheel ride at the not so amusement park in life.

Choosing not to get off pulls you into auto-pilot, or the past, causing us to create only what we believe carries a "guarantee" or "crystal ball". We won't do it if we cannot find safety disguised as "logic". This is mediocrity at it's finest.



ENTERING INTO DESIRE THROUGH IMAGINATION

The unknown is a clean canvas. The unknown has the potential to be genius and ultra beneficial to humanity. It has purpose and pleasure. The unknown knows no boundaries. If you want to RELEASE yourself from the overwhelm, the mundane and restless ambition, you must exercise the effective use of your born in, hardwired, higher faculty stored in the conscious mind, IMAGINATION. This is innovation at its finest and is said to be the ultimate form of research. It runs the gamut of creating art, literature, poetry, music, products, services, technology, entertainment to the advancement of modern medicine and science that saves lives every single day. And the reality of it is... we haven't even scratched the surface of what we're capable of. We are only limited by our WILLINGNESS to take action on what we create from the luxury of our own mind.

IMAGINATION:

:the act or power of forming a mental image of something not present to the senses or never before wholly perceived in reality

a. creative ability

b: ability to confront and deal with a problem: RESOURCEFULNESS

c: the thinking or active mind: INTEREST



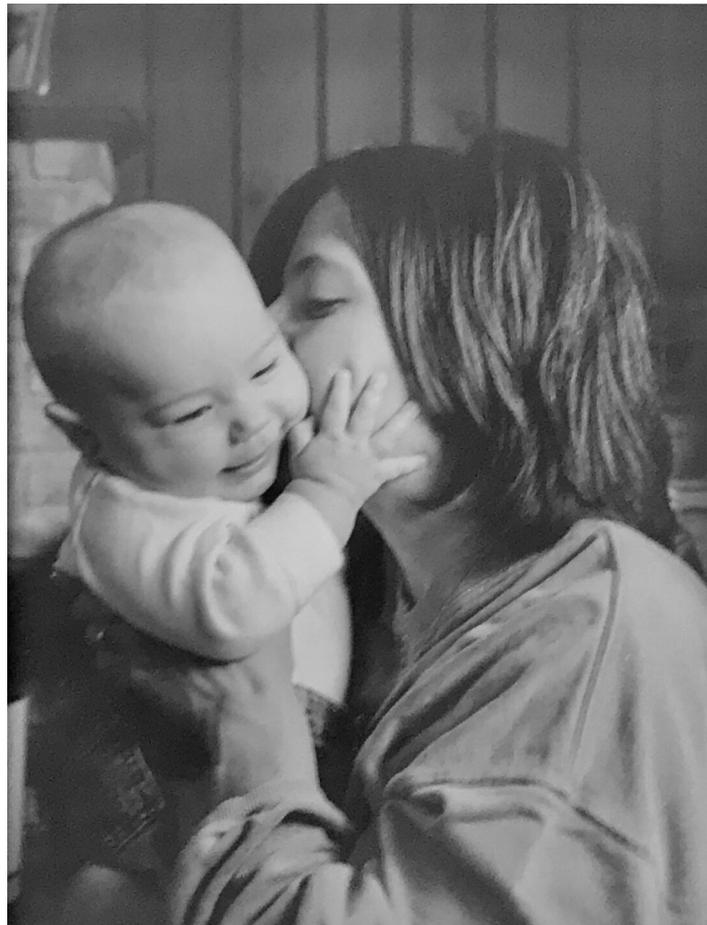
THE MIRROR PART 2

- Take the time to write down who and what you truly want to see in the mirror. What do you want to see on the outside?, How would you describe WHO you are on the inside? Get gritty. Add daily.
- Sit or stand in front of a mirror for 2 mins. twice a day.
- A full length mirror is best but a rearview mirror will do if that's all you have.
- You need to speak out loud now. Compliment yourself as if you're in awe of your interior and exterior. Like you are looking at the love of your life.
- Be descriptive. Be honest. Be fearless.

Falling in love with yourself is the best asset you can acquire. We strive for love, safety and self-esteem. Our problem is we look for it elsewhere and most times are thoroughly disappointed as it is a futile task that most spend a lifetime trying to achieve only to come to rest on the heels of regret. This is the cure. Drink it. Swallow it. Let yourself be healed. You want a magic pill? You got it!



WHAT DO YOU SEE IN THIS IMAGE?



WHAT DO YOU SEE IN THIS IMAGE?



REVEAL. REVEL. RESPECT.

Yourself

A likeness doesn't even touch the value of an authentic piece.

The Mirror exercise reflects your current self-esteem perspective back at you. Perspective is both a mental and optical view. What you THINK about yourself is a matter of what idea you're willing to non-negotiably accept or BELIEVE based on how you FEEL about what you SEE. Remember... we ARE who we think, feel and believe we are.

The Mirror is a self esteem perspective building exercise. You must give this exercise attention or you will continue to mold into a likeness of you that causes restlessness and futile attempts at significant growth personally, professionally, financially and spiritually. Why? Repeated conscious impressions backed by emotion creates a sub-conscious belief system which is used as data to make future DECISIONS.

Nothing is more powerful, conscious or confidence building than living a life fully expressed. Authenticity eliminates mediocrity, boredom and restless ambition. Authenticity allows the truth that lies within you to surface. It allows DESIRE to be set free in full living color.



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Self

MEET YOUR FULLY AUTHENTIC

Experience meeting your authentic self full on face to face:

Repeat FREE YOUR MIND breathing exercise 3x's or as necessary throughout.

IMAGINE: Today is the day you meet your fully authentic self face to face! Let this thought sink in. Today you are meeting your authentic self. Your highest self! Your self that has RELEASED themselves from limitation and lack.

See this as a movie in full action, detail and color.

Be patient. Tap in. Sit with this thought for as long as you need to. Wait for emotion to build up. Allow yourself to feel this moment through your senses. You are there. This is happening. You are fully capable of impressing this day into your memory as an experience you can fully speak about and hold in your subconscious going forward.

How does knowing this is going to happen feel?

Are you nervous? Relaxed? Confident? Unsure? Curious? Restless? Emotional? In awe? In resistance? Afraid? Excited?

Where are you? Are you standing or sitting? What's around you?



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Self

MEET YOUR FULLY AUTHENTIC

Experience meeting your authentic self full on face to face:

What are you wearing?

What is going on around you? Is anyone there? Who? What are they wearing?

What are they doing?

What do you see? What do you hear? What do you feel? What do you smell?
What do you taste?

Okay... here comes your authentic self...

Where did they come from? A room? A car? A plane? A motorcycle? What do you see?

They are approaching you...

What are they wearing? Are they with anyone? What's going on around you?
What do you hear, see, taste, smell?

What do you feel in your body?



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MEET YOUR FULLY AUTHENTIC

Self

Experience meeting your authentic self full on face to face:

How do you greet each other?

What do they say to you?

What do you say to them?

What do you ask them?

What are their answers to you?

What do they ask you?

How do you answer them?

What happens next?

How does this movie end?

How do you feel now that you have met them?

Describe Your Authentic Self: What have you observed?

Use descriptive attributes of Your Authentic Self. List a minimum of 10.

My Authentic Self:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Describe Yourself!

1. Use descriptive attributes of You Now. List a minimum of 10.

Me Now:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What's the Difference?

1. List your attributes on each side.
2. Center rectangle: For each one list the difference between Me Now and your Authentic Self.
Tip: Use More and Less. Example: My Authentic Self is more fearless. Me Now is less driven.

Authentic Self:

The Difference

Me Now:

Authentic Self:	Me Now:

Managing Authenticity

1. Analyze your "Differences" from the last exercise.
2. List your Authentic Self attributes in priority order. Your call.

Authentic Self:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Managing Authenticity

1. For each attribute: Name it and identify why you believe you're not nailing this right now.

Authentic Self:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Managing Authenticity

1. For each attribute list what you believe is the solution to gaining this attribute ASAP.

Authentic Self:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Accuracy In Action

Test your solution by filling in the statement for each attribute.

If I (solution), I will be able to be/do/have (attribute/descriptive)

If I, I will be able to be/do/have .

If I, I will be able to be/do/have .

If I, I will be able to be/do/have .

If I, I will be able to be/do/have .

If I, I will be able to be/do/have .

If I, I will be able to be/do/have .

If I, I will be able to be/do/have .

If I, I will be able to be/do/have .

If I, I will be able to be/do/have .

If I, I will be able to be/do/have .

Would you rather?

What if no one buys my program?

I would rather have NO ONE buy some of my programs than die with my best ideas unshared.

What if people think I'm a weirdo?

I would rather peddle self-love in a world of self-sabotage that follows a human herd of mediocrity. Mediocre will NOT be on my headstone... primarily because it will have motion detected pyro that will scare the sh*t out of people while simultaneously sending them into a state of awe which is basically a full expression of me.. so let the legacy LIVE!

What if I fail?

I would rather fail than never have a story of failure to tell as that would make me either not human or a big fat LIAR. #1...Aliens freak me out. Secondly, I am taller than a lot of women. I can get fat, I have pictures. But a liar... uh uh.

What if I succeed?

I would rather spend my life feeling like I'm going to puke from taking leaps of faith than never knowing what it feels like to book a private plane that I got on from my limo that's parked on the tarmac.

What if people talk negatively about me in a massive public forum?

I would rather half the world take their shots at me than to never make a long lasting positive impact on the other half of the world.

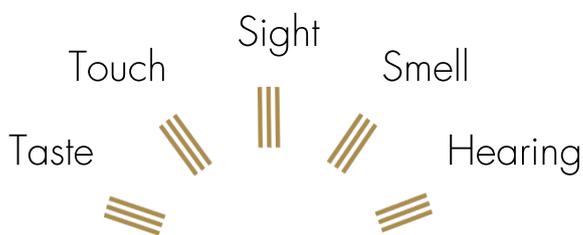
What if I fall on stage?

Fun fact! I would rather fall on stage than fart on t.v.

Conscious Mind

2 Parts

1. 5 Senses. Safety mechanisms. Designed to tell the brain what's going in your environment. Spoiled, Hot, Stranger danger, Smoke, Dinosaur roar.



2. The Intellect. Has the capacity for rational, intelligent thought, Free Will. Can choose to accept, reject or ignore any idea. Can be highly developed. Houses the Higher Faculties.



The Sub-Conscious Mind

Your Emotional Storage Hard Drive

Cannot reject any idea. Acts as an emotionally charged data storage bank that we make decisions and act from. Has never been seen on imaging.



The sub-conscious is the BODY. It is in every cell of the body. Can cause visceral responses that engages the brain > body to respond chemically.

Requires consciousness + emotional connection, over time, to re-wire.

STORES

- Programming: Repeated thoughts, feelings and actions = Habits
- What you've been taught: Beliefs/Values
- Experiences: Emotionally charged memories both positive and negative
- Habits both positive and negative

What would appear to make perfect sense in business and life:



You DECISION you want to do something specific that will give you more money and more happiness making an impact far beyond what you've ever experienced.



Your conscious mind checks in with your sub-conscious data and no alarm bells go off to hold you back. You acknowledge this is a YES and fully accept this idea.



Your sub-conscious gets excited to change and grow. It's natural. You're looking forward to being debt free, investing, giving and traveling all while doing what you love. You know it's going to be hard work but you've got the skills and the moxie. You're going to make mistakes but it's worth it to make a bigger impact in this world.



Your body goes into action! Every day you get up and engage your higher faculties to open your mind to opportunity and ideas. You take action on what will get you where you want to go the fastest all throughout your day, week, month, year. You're getting support. You're FOCUSED and PUMPED!



YOUR NEW RESULTS!

You are happy, grateful and rocking your life and work. You have a new belief system that you are a hardcore achiever. You're a proud owner of an up-leveled skillset with what you've learned on this journey. You're making more money by doing something you love. Rock on!

What really happens... when you're not in the consciousness game.



You want to do something specific that will give you more money and more happiness making an impact far beyond what you've ever experienced.



Your conscious mind checks in with your sub-conscious data and alarm bells sound off but intellectually you know there's no danger. You acknowledge this is a YES and accept this idea.



Your sub-conscious isn't happy. HOW exactly am I going to make this happen? I have limited time. I have skills... but I also have bills. I have responsibilities and priorities. Just as long as that's in check... this will all work out. Stress, fear, doubt or worry engage. It's manageable.



Your body goes into action! You get up and engage your higher faculties to open your mind to opportunity and ideas. Little overwhelming. Start seeking the HOW. You take action on what will get you where you want to go the fastest all throughout your day... for a week. Something comes up. Game over. Your best friend says give yourself a break.



YOUR RESULTS... 100% predictable.

You feel frustrated. Angry. Worried about the future. You're making the same money as last week, month, year. You feel defeated. Tired. You take a break. You're stuck and still have sh*t to do. You have absolute proof you can't... even though you know you can. Restless ambition re-engaged.

What you did that got you little results:



You want to do something specific that will give you more money and more happiness making an impact far beyond what you've ever experienced.



You accepted the idea without awareness and got logical at the same time.



Got scared, frustrated, worried, confused, embarrassed, attached to the outcome, stuck in the HOW, got self-conscious, anxious, impatient or blaming, arrogant or self-sabotaging, internalizing, focused on past failures or behaviors that you're still hanging onto like a cloak of shame or put contingencies on your own success. You didn't like how it felt and your feelings won over your desire. You didn't rather be successful over security.



Tried to do it on your own because you're an adult and don't like to need help, be told what to do, admit mistakes or be exposed on your journey to be self-expressed. You acted like a walking talking oxymoron.



YOUR RESULTS... 100% PREDICTABLE.
No big changes. You got older. You're still a really good person. Just with less time on your clock.

What you didn't do that is required for big results:



Create a detailed vision that encompasses all aspects of your desired life: Physical, financial, environment, personal and professional relationships, style, activities, impact, achievements, travel, who you want to meet, what you want to understand, what you want to master... ALL OF IT!



Accept the idea that this is your desire and you would not have it if it wasn't already waiting for you. Accept that your past/feelings will attempt to take over. Accept that you will need support and tools all along the way. Stop fighting your feelings... OutThink them!



Fall so in love with your authentic self that you can't think of anything else. Decide you would rather live this life fully expressed than go down wondering what it would have been like to be, do, give and have what you really want. Decide there is nothing more terrifying than NOT living a life worthy of you. Stop living in the past. Never question the HOW. Make what you want NON-NEGOTIABLE. Let your mind be in control of your body.



Play your vision in your mind every single day until you get an emotional charge. Get support. Ask for help. Be vulnerable. Make mistakes. Make power moves. Do things average people think is weird or a waste of time. Focus only on your goals. Do something over and over again that you may suck at until you're fu**ing AWESOME AT IT!



YOUR RESULTS... 100% PREDICTABLE.

Allow yourself to receive at levels that your tribe never will because you've become so aware... there's no turning back. You don't run with the herd. They follow you now. You're an impactor and an influencer.



My idea/desire?



What idea do I need to accept in order to achieve this?



What will motivate me enough? What would I rather feel above not achieving this?



What is one thing I must DO daily to get started?
When will I do it?
What could stop me?
What will I do if that happens?



What will the result be?

Name 5 Experiences you want to experience?

Name 5 Places you want to go:

Name 5 people you want to meet:

Name 5 goals you want to achieve:

Name 5 people you want to meet:

Circle which ones are non-negotiable

Cross out what's negotiable. They have zero value, therefore, requiring zero focus.

Go back and add until you get to 5 in any area you have less than 5.



Write your Eulogy

This is an exercise in your perception of time. What appears to stop most of us is FEAR in some form. Fear is only a factor if we have TIME. What is really happening when we are stuck, worried, guilty, shamed, unforgivable, terrified, is... we think we have more time. We become negotiable. We start to manipulate and haggle with our time. Imagine if we got a print out of the exact amount of time we spent NOT doing what brings us joy BEING our authentic self serving at our highest value in our last moments. Isn't it interesting how often we say "I don't have enough time"? We don't want a countdown clock with "how much time I have left" running on our watches... but what if we did? Would you do life different?

Putting the pieces of your life together.



What you have accomplished so far:

Learned how you "feel" on a daily basis. This is how you habitually feel whether it changes with the moment or is incessant. You good with those feelings being your daily dose? You still aware?

Determined whether you can conceive living your dream on a daily basis? Has anything changed? Do you still have questions? Then ask.

Learned a 10 sec breathing exercise to clear your head so you can think in a new way. Are you using it to engage your higher faculties?

Learned what the six higher faculties are. Do you know them by heart?

Learned that past experiences, what you've been taught, belief systems and old programming sets the stage for habits, your M.O. and decision making that results in your past current and future results unless you consciously make a change.

Learned your perception of EVERYTHING forms your reality.

Learned how your life would be different if your past experiences/programming no longer existed. Are you there? What are you doing that is shifting the old into the authentic?



Putting the pieces of your life together.

What you have accomplished so far:

You can look at yourself in the mirror for any length of time and it feels right.

Learned what DESIRE really is and can express your true desire because of it.

Learned that the effective use of your imagination releases you from overwhelm, the mundane and restless ambition. This is where your DESIRE comes to life.

Every time you see yourself in the mirror you are now able to come from a place of awe, love and full on adoration of what you see. You have fully fallen in love with you and can express it with ease and passion.

Learned that what you THINK about yourself is a matter of what idea you're willing to non-negotiably accept or BELIEVE based on how you FEEL about what you SEE.

We ARE who we think, feel and believe we are. What do you think?
What do you feel about you? What do you believe?

Learned that repeated conscious impressions backed by emotion creates a sub-conscious belief system which is used as data to make future DECISIONS. What decisions do you need to make? What do you need to do repeatedly to change your thoughts and feelings about YOU?

Putting the pieces of your life together.



What you have accomplished so far:

Learned what it looks, feels, sounds, tastes and smells like to meet your authentic self. How many times have you allowed yourself to experience this to gain more detail? How much do you remember? Is it bits and pieces or a full movie that you can run through your mind's eye as if you were there?

You have written a full scenario script. Yes/No

Stated and described your authentic self with descriptive attributes.

Stated and described your current self with descriptive attributes.

You've identified the differences between your current self and your authentic self.

You've prioritized the attributes you want to nail.

You have set up what you need to DO to gain these attributes.

You tested your theory and they make perfect sense.

You've set up what, why and how you will gain these attributes.

You're doing it every day. You practice like your life depends on it.

Putting the pieces of your life together.



What you have accomplished so far:

You have set up a contingency plan for when your old feelings, beliefs and programming kick in through a I Would Rather statement/s. The statements are holding you strong and accountable.

Learned the 2 parts of the conscious mind.

Learned the primary function of the sub-conscious mind.

Learned the "logical" process of making a change in your results in business and life.

Understand why logic doesn't work.

Learned a method for testing your ideas and desires and strengthen your ability to consciously change your results.

Added what is non-negotiable for you to experience, achieve in your life.

Learned that fear comes from a false perspective of time.

Written the end to your Fearless Integrity Life Script through your eulogy.

Completed your 12 month and 5 year detailed vision.

Committed to your Fascinate Anthem.



WILL: INTENSITY IS EVERYTHING

The WILL is a phenomenal higher faculty. It means "Intense Focus". It is the anti-distraction. It is our ability to go after something and see nothing else in our sites. It is setting the coordinates of what we want to achieve and becoming obsessed! You can't put it down. You see opportunity to get what you really want everywhere. There is nothing that can stop you. You are already THERE in your mind! And you were born with this ability.

That's the key to all this! ALREADY THERE! Already your authentic self. Already on the who's who in your world of achievements and impact. Already The Influencer, The Rockstar, The Giver, The Expert, The Badass, The Magic Maker, The Creator, The Achiever, The Lover, The ONE!

Non-Negotiable Disclaimers:

Here's what you need to be able to focus:

- a. No attachment to the outcome.
- b. A willing to fail with failure is not an option attitude.
- c. A clear vision of who you really are and a willingness to own it.
- d. Willingness to release yourself of judgment of yourself and others.
- e. An unrelenting curiosity
- f. The willingness to tell yourself the truth
- g. The willingness to tell others the truth
- h. The willingness to receive
- i. A desire
- j. A decision
- k. A plan
- k. Persistence: Daily Practice: Repetition is the mother of retention.

Based on my review, here's what I will non-negotiably focus on achieving over the next 2 weeks:

What:

Why:

When:

How: